



## CABBAGE, SHREDDED, FRESH

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Code: F180

### PRODUCT DESCRIPTION

- Fresh cabbage is U.S. No. 1 or better. Cabbage is shredded into pieces being about the same size.

### PACK/YIELD

- Shredded cabbage comes in 1-pound bags. There are about 4 cups of shredded cabbage in a 1-pound bag.

### STORAGE

- Some pre-cut, bagged produce like shredded cabbage is pre-washed. If so, it will be stated on the package. Pre-washed, bagged produce can be used without more washing.
- If you like, you can wash cabbage again just before using it. After opening, seal bag tightly and store remaining cabbage in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Shredded cabbage is ready to eat raw, added to salads and other dishes, or added to recipes that require cooking.
- Shredded cabbage can be cooked by adding to a small amount of boiling water, reduce heat and cook for about 4 to 5 minutes.

### USES AND TIPS

- Shredded cabbage can be seasoned with celery or mustard seed, nutmeg, tarragon, garlic, caraway seed, dill weed, black pepper, and thyme.
- Other vegetables to pair with cabbage include potatoes, leeks, onions, and carrots.
- Serve cooked and seasoned cabbage with beef, chicken, and low-fat sausages.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of shredded cabbage counts as  $\frac{1}{2}$  cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2  $\frac{1}{2}$  cups of vegetables.
- $\frac{1}{2}$  cup of cabbage provides 45% of the daily recommended amount of vitamin C.

### FOOD SAFETY INFORMATION

- Keep cabbage that is going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (75g) cooked cabbage drained and chopped

Amount Per Serving			
<b>Calories</b>	20	<b>Calories from Fat</b>	0
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 20mg	<b>1%</b>		
<b>Total Carbohydrate</b> 5g	<b>2%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 2g			
<b>Protein</b> 0g			
Vitamin A	0%	Vitamin C	45%
Calcium	2%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## SIMPLE COLESLAW

**MAKES 6 SERVINGS**

### Ingredients

- 6 cups shredded cabbage
- 1 carrots, cleaned, peeled, and shredded
- 2 tablespoons light mayonnaise
- ½ cup cider vinegar (or white vinegar)
- ¼ cup sugar
- 1 teaspoon mustard (or dry mustard seed)
- 2 teaspoons celery seed (if you like)
- ¼ teaspoon salt

### Directions

1. Place the shredded cabbage and carrots in a large bowl.
2. In a separate bowl add mayonnaise, vinegar, sugar, mustard, and salt. If using celery seed, add that too.
3. Mix the cabbage and carrots well with the dressing.
4. Chill in the refrigerator for at least 1 hour before serving.

#### Nutritional Information for 1 serving (about 1 cup) of Simple Coleslaw

<b>Calories</b>	100	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	12 g	<b>Vitamin C</b>	25 mg
<b>Calories from Fat</b>	30	<b>Sodium</b>	140 mg	<b>Protein</b>	1 g	<b>Calcium</b>	53 mg
<b>Total Fat</b>	3.5 g	<b>Total Carbohydrate</b>	16 g	<b>Vitamin A</b>	92 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from RecipeZaar.com.*

## BUBBLY BAKED CABBAGE

**MAKES 8 SERVINGS**

### Ingredients:

- 6 cups shredded cabbage
- 3 ounces of tomato paste (about ½ of a 6 ounce can)
- ¾ cup water
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 teaspoons sugar
- 1 cup low-fat cheddar cheese, grated
- ½ cup bread crumbs
- 4 tablespoons margarine

### Directions:

1. Preheat oven to 350 degrees F.
2. Fill a large pot half full of water and bring to a boil.
3. Add cabbage to the pot and cook 2 minutes. Drain cabbage and return to the pot.
4. In a separate saucepan, combine tomato paste, water, salt, black pepper, and sugar. Bring to a boil, stirring until smooth.
5. Pour tomato mixture over cabbage. Toss to coat. Pour into a casserole dish.
6. Top with cheddar cheese and bread crumbs. Put margarine on top.
7. Bake for 15 minutes. Serve hot.

#### Nutritional Information for 1 serving of Bubbly Baked Cabbage

<b>Calories</b>	130	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	5 g	<b>Vitamin C</b>	27 mg
<b>Calories from Fat</b>	60	<b>Sodium</b>	370 mg	<b>Protein</b>	6 g	<b>Calcium</b>	102 mg
<b>Total Fat</b>	7 g	<b>Total Carbohydrate</b>	12 g	<b>Vitamin A</b>	77 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from Peggy Trowbridge Filippone, Homecooking.about.com.*